



Fort Sam Houston

# News Leader®



Vol. 36, No. 25

Fort Sam Houston — Home of Army Medicine

June 24, 2004

## Briefs

### Medical Service Corps to celebrate 87th Birthday, June 30

Brig. Gen. Sheila Baxter, Chief, Medical Service Corps will host the celebration in Blesse Auditorium, June 30 at 4 p.m.

### Fourth of July "Salute to the Union", July 4

The traditional ceremony will feature a cannon salute to the Union fired in succession for each of the fifty states on Sunday, July 4 at 11:30 a.m. at the main post flagpole on Stanley Road. The Army Medical Command Band will perform patriotic music before and after the ceremony. Vehicles without DoD decals must enter through the Walters Street exit.

### Gazebo Concert, July 7

Lt. Gen. James B. Peake, Army Surgeon General and Commander for United States Army Medical Command will host a Summer Gazebo Concert on July 7, 7 p.m., Staff Post Road. The public is invited. Vehicles without government decals will enter at the Walters street gate.

### USAMITC Change of Command Ceremony, July 7

The U.S. Army Medical Information Technology Center (MITC) will conduct a change of command ceremony for Lt. Col. Jose L. Lopez and Lt. Col. Ullmont C. Nanton, Jr. at 9 a.m. on Wednesday, July 7 at the Fort Sam Houston Roadrunner Community Center.

### US Army Medical Command Change of Command, July 8

Outgoing Commander and Army Surgeon General Lt. Gen. James B. Peake will relinquish command of United States Army Medical Command to incoming commander Maj. Gen. Kevin Kiley at a ceremony on July 8 at 8:00 a.m., MacArthur Parade Field.



Photo by Esther Garcia

Students from Haltom High School, Haltom City, Texas, Louia Dinger and Fernando Valdez participate in the litter obstacle course with Initial Entry Students from 232nd Medical Battalion. The students also visited training area sites such as the combat trauma lanes, the helicopter medical evacuation training area, airway/bleeding management course, and received a description of the Stryker, a medical evacuation ambulance, all part of the 91W Combat Medic training. The JROTC students thanked Lt. Col. Bruce McVeigh and the 232nd Medical Battalion staff for taking time out of their busy schedule to show them how combat medics are trained to be the best in the world. See more photos on page 18 and 19.

## Exercise Tiger Balm 2004 at Camp Bullis

By Lt. Col. Marty Nelson  
HQ Army Pacific

Approximately 250 U.S. military troops and 85 soldiers from the Singapore Armed Forces will participate in Exercise Tiger Balm 2004, at Camp Bullis, Texas, from 18 to 29 July.

Tiger Balm is an annual, bilateral, combined arms Command Post Exercise between the U.S. Army and the Singapore Armed Forces. The

exercise is a regularly scheduled Pacific Command exercise, with the location alternating each year between the United States and Singapore. The Tiger Balm series of exercises first started in the mid 1980s. This will be the first time that the exercise has been hosted by the U.S. in Texas.

Texas Army National Guard troops from the 36th Brigade Combat Team will host the exercise, and will

train with soldiers from the 56th Singapore Armored Brigade of the Singapore 9th Infantry Division in a computer battle simulation exercise. The 322nd Civil Affairs Brigade of the 9th Regional Readiness Command, United States Army Pacific, is the Pacific Command executive agent for the exercise and provides the bilateral exercise control with the 9th Singapore "Panther" Division.

The purpose of Tiger Balm exercises is to improve combined U.S. and Singapore interoperability, practice working in a Coalition Task Force (CTF) structure and enhance security relationships between our countries. Singapore is a vital Pacific region ally to the U.S. and participates in many United Nations and Coalition peacekeeping, humanitarian assistance and disaster relief operations.

## Family practice clinic open house at Camp Bullis, June 25

By Phil Reidinger  
Fort Sam Houston Public Affairs

The Open House is scheduled for Friday, June 25, 10 a.m. to 2 p.m. at Camp Bullis. TRICARE Eligible Beneficiaries (64 years of age and below) are welcome to attend. Glucose, cholesterol, blood pressure screening will be provided. Providing comprehensive family health care, the clinic is located 3.5 miles off Loop 1604 on Camp Bullis. Take Loop 1604 to FM 1535 Military HWY/Shavano Park exit. Follow the Camp Bullis signs.

A family practice clinic taking care of Soldiers assigned to and training at Camp Bullis is actively enrolling family members and TRICARE Prime beneficiaries in the surrounding area.

The clinic staff includes a family practice physician, a nurse practitioner, and a physician assistant. The clinic is open Monday through Friday from 7 a.m. to 4 p.m. Military sick call is at 6 a.m.

The clinic offers pharmacy, laboratory, and radiological services and comprehensive health care in men's and women's health, pediatrics, well baby and immunizations.

The pharmacy clinic supports patients' prescriptions and will honor refill requests from assigned patients. The radiology clinic provides basic plain film x-rays to support patient care. The laboratory performs all required patient care support; laboratory samples are sent to Brooke Army Medical Center for processing. Clinic services include basic childhood and adult immunizations. All deployment

related immunizations are done at McWethy Clinic at Fort Sam Houston. Health care services for both men and women include basic preventive and wellness exams.

With room for 4,500 patients, so far only 650 beneficiaries are enrolled. To enroll, visit the Brooke Army Medical Center TRICARE Service Center or the Cares desk at the Pharmacy. Air Force enrollees should contact the Wilford Hall TRICARE Service Center or call 1-800-406-2832.

The clinic is near Camp Bullis headquarters and the fire station.

U.S. Army Health Clinic  
Camp Bullis, Tx



**OPEN HOUSE**

TRICARE Eligible Beneficiaries  
(64 Yrs of Age or Below)

**TRICARE ENROLLMENT INFORMATION**  
Comprehensive Family Health Care

**FRIDAY  
25 JUNE 2004  
1000-1400**

The clinic is located 3.5 miles off Loop 1604 on Camp Bullis  
Take Loop 1604 to FM 1535 Military HWY/Shavano Park exit Follow the Camp Bullis signs  
(IH10 Gate is Closed)



# Avoid abuse of the EEO process

The Equal Employment Opportunity Commission (EEOC) recognizes the doctrine of abuse of process in certain limited circumstances.

The EEOC defines “abuse of process” as a clear pattern of the misuse of the process for ends other than that which it was designed to accomplish. (See *Buren v. U.S. Postal Service*, EEOC Request Number05850299). However, application of this doctrine in the view of the EEOC must be rare, because of the strong policy of preserving a complainant’s EEO rights whenever possible. (See *Wrenn v. Equal Opportunity Commission*, EEOC Appeal Number01932105).

Although abuse of process is not a specified basis for dismissal

of a complaint in EEOC regulations, this does not mean that the Commission is deprived of the authority to protect its administrative process by either party.

Prior to the 1999 amendments to 29 CFR Part 1614, there was no regulatory basis for dismissing complaints on the grounds of abuse of process. However, in some extreme cases, the EEOC upheld such dismissal of complaints by agencies for the abuse of process. The case law, which evolved, culminated in the amendment of Part 1614 to provide for the abuse of process as a regulatory basis of dismissal at 20 CFR 1614. 107(a)(9).

The Commission concluded that a clear pattern of misuse of the EEO process requires: evi-

dence of multiple complaint filings; and allegations that are similar or identical, lack of specificity or involve matters previously resolved; or evidence of circumventing other administrative processes, retaliating against the agency’s in-house administrative processes or overburdening the EEO complaint system.

Dismissal of a complaint for abuse of process is proper only in cases where there has been a clear misuse or abuse of the process.

Cases in which the Commission has found an abuse of the EEO process include those where, upon review of the complainant’s record, including the number and types of complaints filed, the Commission has con-

cluded that the complainant has pursued a scheme involving the misuse and misapplication of the EEO process for an end other than that which it was designed to accomplish. For example, the complainant presented similar or identical allegations against the agency whenever the agency did anything that dissatisfied the complainant. (See *Hooks v. U.S. postal Service*, EEOC Appeal Number01953852 1995).

The complainant in *Goatcher v. U.S. Postal Service* EEOC Number05950557 (1996) raised similar or identical allegations in her several complaints and appeals. As in *Hooks*, the complainant in *Goatcher* complained that she was denied access to equipment and storage for the

processing of her EEO complaint. She also complained about other aspects of the EEO process. The Commission stated that the complainant continued to raise frivolous issues and similar or identical allegations.

When the Commission concludes that an appellant is engaged in abuse of process, the Commission approves dismissal of the appellant’s complaint or complaints. However, the Commission also emphasizes that such dismissals do not deprive the appellant of the right to file a civil action in Federal district court.

For more information on the abuse of process contact the Fort Sam Houston EEO Office.

## Fort Sam Houston News Leader

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# San Antonio Military provides patriotic theme for 38th Annual Boerne Berges Fest

Story and photos by Esther Garcia  
FSH Public Affairs Office

The Boerne community celebrated the 38th Annual Berges Fest Father's Day weekend from June 18 to 19. The 3-day event included great food, non-stop entertainment, bicycle races, carnival and a parade.

The parade was held Saturday, June 19. Military entries included the Military Service Float with representatives from Fort Sam Houston, Randolph Air Force, Lackland Air Force, Air Intelligence and Brooks City Base, Lackland Air Force Base Honor Guard, and the Drum and Bugle Corps from Lackland Air Force Base.

The Military Service Float, sponsored this year by Fort Sam Houston, participates in numerous parades throughout the year beginning with the Battle of Flowers and Flambeau Parades during Fiesta. The military float is scheduled to appear at the Pleasanton Cowboy Parade, Pleasanton, Texas, Aug. 21; Diez Y Seis Parade, Sept. 4; Comal County Fair, New Braunfels, Texas, Sept. 24; Peanut Festival Parade, Floresville, Texas, Oct. 9; Veteran's Day Parade, Nov. 6 in San Antonio and in Universal City; the Alamo Heights Holiday Parade, Nov. 22; Christmas in God's Country, Hondo, Texas; and at the Canyon Lake Parade, Canyon Lake, Texas, Dec. 11.



Staff Sgt. Shirley Malone, Fort Sam Houston, Staff Sgt. Tiffani Siejka, Air Intelligence Agency, Sgt. Jason Lamoureux, Lackland Air Force Base, 1st Lt. David Alick, Randolph Air Force Base and Airman 1st Class Christopher Ross, Brooks City Base, wave to the crowd during the annual Boerne Berges Fest parade held in Boerne, Texas June 19.



The Lackland Air Force Base Honor Guard leads the Boerne Berges Fest parade through Main Street in Boerne, Texas.



The Drum and Bugle Corps from Lackland Air Force Base marches down Main Street in Boerne, Texas. The Drum and Bugle Corps participates in many parades in San Antonio and surrounding communities throughout the year.



The Boerne community is proud of their Boerne High School 2004 Baseball Team who are the 2004 Class 4A State Champs.



Fred Flores, Mike Gann, and Rod McDaniel, Public Works Business Center, drivers for the float, prepare and dismantle the float after each parade. Flores has been part of the float team for 11 years.

## 232nd Med Bn Soldiers support post fun run and win the overall race

C Company 232nd Medical Battalion started out Father's Day with a run around Fort Sam Houston. Nineteen Cougar Medics gathered early in the morning for some friendly competition and participated in a 5K and 10K Fun Run. The weather was perfect and the route was challenging as these Soldiers put forth their best effort. Besides winning multiple categories and

setting the pace for others to follow, these soldiers are promoting physical fitness on their off time while training to be Soldier Medics.

Pvt. Timothy Onserio was overall first place for the 10K (39:09). He came across the finish line like a bullet ready for a third lap. Pvt. Ayiera Vincent was first place for his age group (22-24) with a time of 41:02.

Photo by 1st Sgt. Armand Fermin

Soldiers assigned to C Company, 232nd Medical Battalion, competed in 5K and 10K fun runs on Father's Day, June 20.





# Kelley assumes responsibility as brigade's top NCO

By Phil Reidinger  
FSH Public Affairs Office

During an Honor Medic ceremony at MacArthur Parade Field on June 16, Cmd. Sgt. Maj. Michael Kelley replaced retiring Cmd. Sgt. Maj. Sampson Rush as the 32nd Medical Brigade top NCO. Kelley previously served for two years as the 232nd Medical Battalion command sergeant major. Prior to his assignment to the 32nd Medical Brigade, Rush served as the

Brooke Army Medical Center command sergeant major. During the ceremony, 32nd Medical Brigade commander, Col. Maureen Coleman, recognized Rush for his superior competence, initiative and leadership as the senior NCO of one of the Army's largest brigades training more than 7,000 initial entry and advanced officer, NCO and Soldier students annually. Coleman noted Rush's inspirational leadership and training competence that led to significant

improvements supporting training programs. The 32nd Medical Brigade supports training in 16 military medical specialties and

18 additional skill specialties taught at the Army Medical Department Center and School. The brigade annually supports

approximately 28,000 students attending more than 173 courses lasting two weeks to two years.



Photo by Rudy Flowers  
Command Sergeant Major Michael Kelley accepts the 32nd Medical Brigade color from brigade commander Col. Maureen Coleman.



Photo by Rudy Flowers  
Col. Maureen Coleman presents Cmd. Sgt. Maj. Sampson Rush the Legion of Merit award and the Department of the Army Certificate of Appreciation to Deborah Rush in recognition of her contributions to the Army family during her husband's Army service.



Photo by Rudy Flowers  
Command Sergeant Major Jackie McFadden, 187th Medical Battalion, was the commander of troops for the 32nd Medical Brigade change of responsibility ceremony. His staff included Sgt. First Class Gary Battle, Sgt. First Class Lawrence Johannik, Staff Sgt. Robert Vela, and Senior Drill Sgt. Lisa Ellsworth.



Photo by Rudy Flowers  
Command Sergeant Major Jackie McFadden, 187th Medical Battalion, was the commander of troops for the 32nd Medical Brigade change of responsibility ceremony. His staff included Sgt. First Class Gary Battle, Sgt. First Class Lawrence Johannik, Staff Sgt. Robert Vela, and Senior Drill Sgt. Lisa Ellsworth.



Photo by Rudy Flowers  
(Left) Command Sergeant Major Sampson Rush presented bouquets of roses to his wife Deborah, mother Emma, daughter Janine and daughter-in-law Nia during his retirement ceremony.

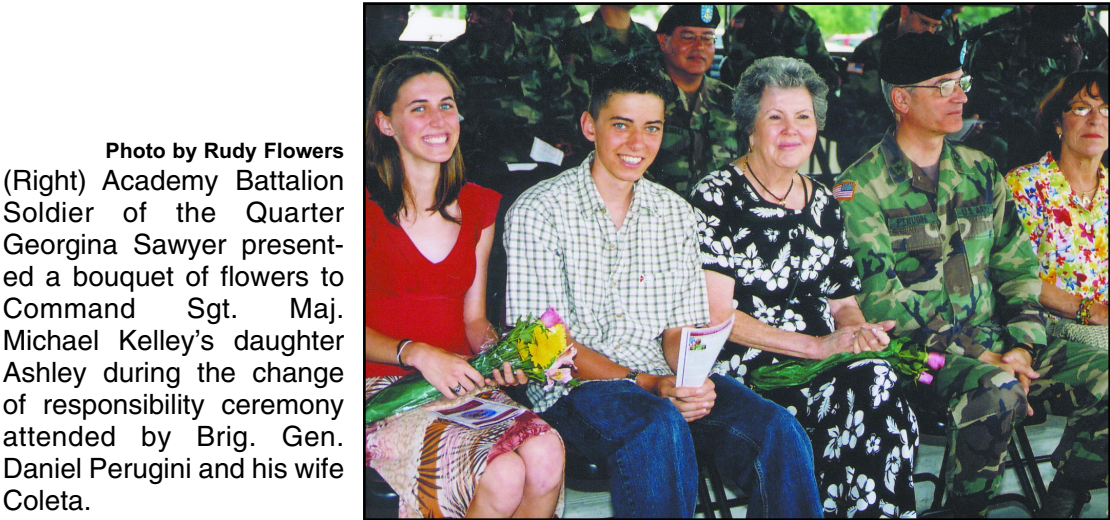


Photo by Rudy Flowers  
(Right) Academy Battalion Soldier of the Quarter Georgina Sawyer presented a bouquet of flowers to Command Sgt. Maj. Michael Kelley's daughter Ashley during the change of responsibility ceremony attended by Brig. Gen. Daniel Perugini and his wife Coleta.



# B Company, 232nd Medical Battalion announces Soldier and Junior Leader of the Week



Photo by 2nd Lt. Latrise Hutchinson

Pvt. Kevin S. Neibling, from Junction City, Ohio has been named Soldier of the Week. Neibling said he wanted to be a Soldier medic because it is “the best Medical Operational Specialty in the Army. I would rather save lives than take lives.” When asked what has been the most valuable lesson he learned while assigned to 232nd Medical Battalion, he said, “to be humble and strive for perfection in anything you do. Soldier! Soldier! Soldier! Neibling has a GPA of 90% and a physical fitness score of 289.

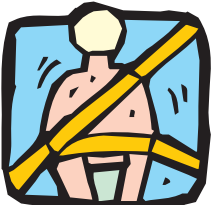


Photo by 2nd Lt. Latrise Hutchinson

Pvt. Ginger S. McGill, from Marietta, Ga., has been selected as the Junior Leader of the Week. McGill said she wanted to be a Soldier medic because “I am pre-med, so there is no better Medical Operational Speciality.” The most valuable lesson McGill learned while assigned to the 232nd Medical Brigade is that “determination will get you far.” McGill has a GPA of 89% and physical fitness score of 258.

## Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
  - People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
  - The majority of all car accidents occur within 25 miles of home.
  - 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
  - In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting “knocked out” and greatly improve your chances of escape.
  - In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
  - You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
  - Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
  - According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.
- Source: Fort Sam Houston Safety Office





# Consideration of Others Program is not just for the Soldier

By Steven Matkowsky  
Special to the Newsleader

The members of the Fort Sam Houston civilian work force are encouraged when time and work schedule permits to attend Consideration of Others(CO-2) training.

The training is scheduled on a monthly basis. The next two classes are scheduled for July 14, and August 10, 9 to 11 a.m., Building 142, Equal Employment Office Conference Room. You must register for the class by contacting the EEO Office at 221-9174.

The Consideration of Others Program was originally developed as a tool for the United States Army military commander. It was a tool to assist in building unit cohesion and developing leadership skills.

The concept and logic of CO-2 training is that if the commander

develops the unit's ability to work together as a military team, then there is little that can stand in their way in accomplishing both peacetime and combat missions.

These same skills are needed by the Army's civilian work force that is ready and dedicated to supporting the mission and vision of the commander.

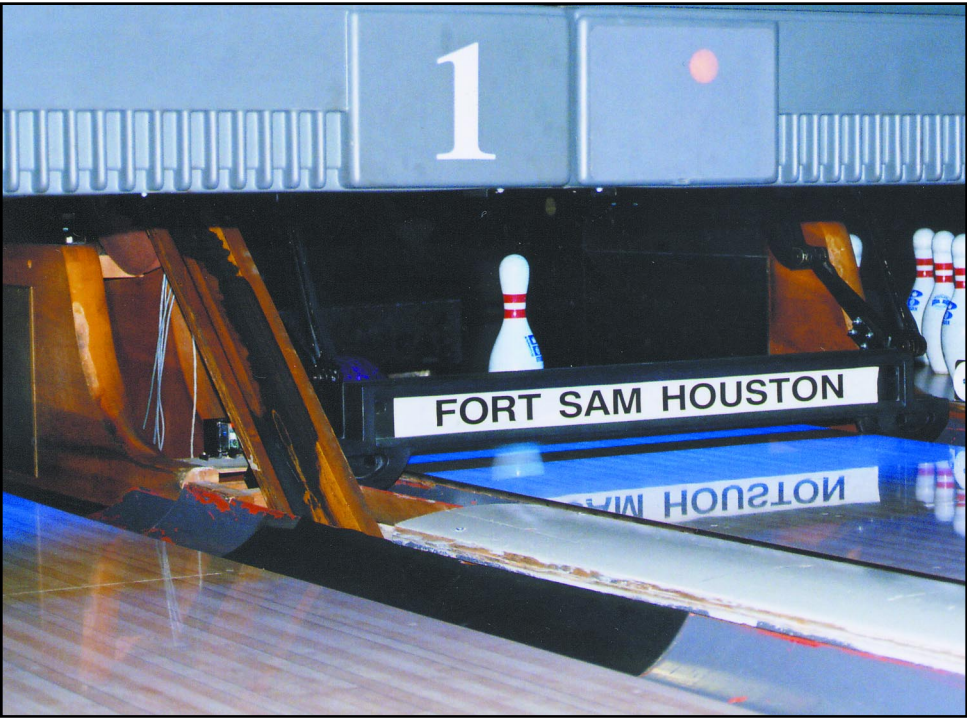
The civilian work force must build among themselves both technical competence and cohesion to operate as a team.

This fast pace two-hour class provides the attendee with the opportunity to explore and better understand how to cope with a diverse and complex work force. It is an interesting forum to learn how to better understand and respect the point of view of others in accomplishing organizational team building.

Consideration of Others is everyone's responsibility.



# Summer fun at the Bowling Center



Fort Sam Houston Bowling Center offers 24 lanes of summer fun.

**Story and photos by Karen Waters**  
**Special to the Newsleader**

The Bowling Center will host a number of fun-filled, family-style events and activities this summer. Patrons can expect a different “special” every day the center is open.

“We’re very excited about the summer programs,” said Barbara George, Chief of the MWR Business Operations Division. “We’re here to serve the Fort Sam community and our Bowling Center delivers quality programs for families at an inexpensive price.”

The newest program to be introduced this summer is Lunch and Bowl. Patrons who purchase a lunch from 11a.m. through 1 p.m., Wednesday through Friday for \$3 or more may bowl up to three games for free. Shoes are not included in the offer, but are available for a nominal fee.

If patrons have already had lunch, then they can still get a great deal with the Dollar Days program. Wednesdays through Fridays from 11a.m. to 5p.m. patrons can bowl for \$1 per game with a \$1 shoe rental.

July is International Family Bowling Month and the Bowling Center has even more great deals to offer. On Fridays, through the month of July from 6 to 10 p.m., patrons can bowl for 3 hours, with up to five patrons per lane, and get up to 5 hot dogs and an order of Supreme Nachos for the cost of \$25 per lane.

“With the kids out of school for the summer, we are offering an inexpensive venue for recreation and entertainment through our summer programming,” said John Fryman, the Bowling Center’s Manager.

Cyber Bowl is also a fun way to spend a Friday afternoon. On July 16, from 2 to 5 p.m. the Bowling Center will turn into a high-energy, neon-light glowing facility with thumpin’ sounds of dance music. Cyber Bowl will be offered at the reduced cost of \$5 per person, normally offered for \$10. The center can accommodate up to 100 persons during the program, so patrons are encouraged to sign up at the Center to participate.

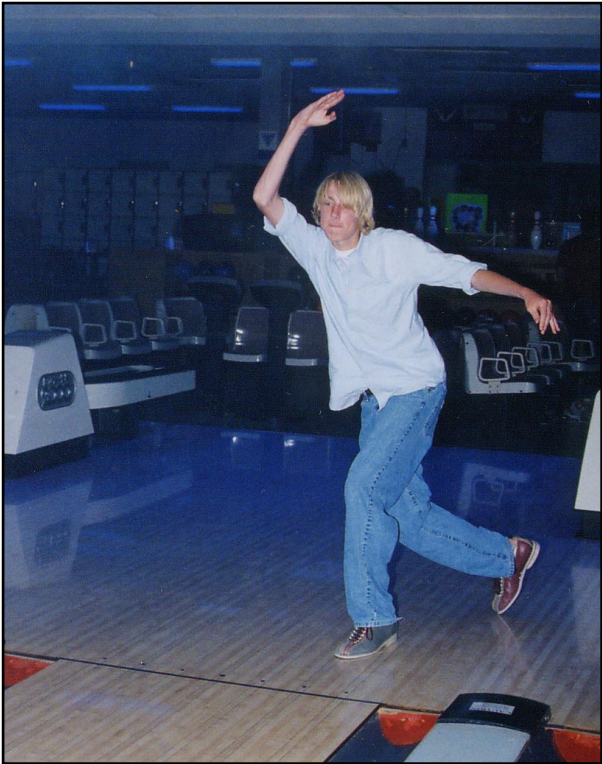
The ever-popular Soldier Appreciation Day will continue to be offered every Saturday during the summer from 11a.m. to 8 p.m. Patrons receive free shoes and a medium soda with the purchase of a game.

Sundays are Family Bowling Day. The cost to participate is \$5 per person and includes 3 games, shoe rental, hot dog and a medium soda. Children 12 and under

bowl for free when accompanied by a playing adult and does not include a meal.

The Bowling Center makes throwing a party simple with the Birthday Party Club Package. Packages start at \$15 for 2 hours per lane. The package includes shoes and unlimited bowling for a maximum of eight people per lane. Meals can be added on to the package for \$1.95 for each children’s meal and \$3.25 for each adult meal. Parties can be planned and booked with ease, and better yet – there’s no messy house to clean up when the party is over.

The Bowling Center is open Wednesday and Thursday from 11 a.m. to 9:30 p.m., Friday and Saturday 11 a.m. to 10 p.m., and Sunday 2-9 p.m. For more information about any of the programs offered please call 221-3683.



A youth bowler spends a summer day enjoying Cyber Bowl at the FSH Bowling Center. Cyber Bowl will be available July 16 from 2 to 5 p.m. for a reduced price of \$5 per person.



# What is workplace reprisal?

Reprisal is a theory of discrimination. It is also referred to as retaliation.

Workplace reprisal exists when an employer takes adverse or negative action against an employee who complains about alleged discrimination or another unlawful practice, or participates in a court or administrative investigation, hearing, or litigation referring to workplace conduct by filing a charge or acting as a witness.

Employees closely related to or associated with any person who engaged in this conduct are also protected from employer reprisal. To establish a reprisal claim, the employee need not be a member of any protected group or class on the basis of race, gender, religion, national origin, age or disability.

Law prohibits reprisal. Almost all states and federal discrimination laws, including The Americans With Disabilities Act

(ADA), Title VII Civil Rights Act of 1064, and the Age Discrimination Act (ADEA), protect employees who file complaints of discrimination or other unlawful employment actions from reprisal by their employers. The aggrieved must show four things to substantiate that they have been reprised against.

A plaintiff claiming reprisal most show that they engaged in protected activity. This activity can take two forms. The first is participation including making a charge, testifying, assisting, or participating in any manner in a mediation, informal EEO counseling, Investigation, hearing, or litigation of a charge of discrimination or other illegal practices, whether in court or in administrative proceedings. Reprisal is protected regardless of whether the underlying charge of discrimination or alleged illegal

activity is valid. The protected person must only demonstrate a good faith belief that the action was discriminatory. The second is opposing unlawful discrimination activity or policy within the workplace. This occurs when an employee or group of employees (class) opposes a practice of the employer that the employee believes is unlawful under an employment discrimination statue, wage law, or other applicable law. The opposed practice need not actually be unlawful. It is only sufficient that the employee have a reasonable and good faith belief that the opposed practice is unlawful (e.g. requesting accommodation).

The involvement in the protected activity was known to the employer. And, that thereafter, the employer took an employment action adverse to the employee. An adverse action includes any employment decision

that would be viewed as negatively affecting an employee, applicant, or past employee. Once an employee has engaged in protected activity, almost any negative action could form the basis of a claim of reprisal. Also, there was a relationship or casual connection between, there the protected activity and the adverse employment action.

Supervisors and managers can protect themselves when disciplining employees who have engaged in protected activity by ensuring that any disciplinary actions taken are not based on the employee’s protected activity.

When communicating with the employee, managers must make clear that the discipline or discharge is based on misconduct or unacceptable work performance. Managers should have a witness present who can verify what was communicated to the employee and who can also document the conversation with the employee.

Supervisors and managers must ensure that all disciplinary incidents and unacceptable misconduct/performances are documented in writing. Managers must ensure to apply fair and consistent disciplinary practices that follow the established disciplinary guidance policy or grievance procedures.

Supervisors and managers are encouraged to speak with their supporting Management Employee Relations (MER) Specialist and Equal Employment Opportunity Office before taking any adverse actions against an employee.

Source: Installation EEO office



# Soldiers and families enjoy “Salute to Military Families” with the San Antonio Missions

Story and photos by Alexandra Nordeck  
Special to the News Leader

In cooperation with Morale, Welfare, Recreation , General Mills sponsored a special “Salute to Military Families” by offering free tickets to the San Antonio Missions game Wednesday, June 16 at Wolf Stadium. Many Soldiers and their families, enjoyed the event.



Soldiers enjoyed the game with their friends. They received free tickets to the San Antonio Missions game courtesy of post MWR and General Mills.



U.S. Army Medical Department Center and School Color Guard presents the colors at the Missions Game



(Right) Spec. Carlynne Fikes from Veterinary Command and Sgt. Melissa Gomez, Military Police, sang the National Anthem.



Col. Maureen Coleman, Commander, 32nd Medical Brigade, threw the first pitch at the Missions game.



# CHENEGA recognizes top security officers

Story and photos by Phil Reidinger  
FSH Public Affairs Office

During a ceremony held at the Provost Marshal training room, Chenega supervisors and security officers were recognized for their performance and completion of special training. The officers were recognized for completing a five-week training

program that included weapons qualification, defense tactics training, pepper spray certification, baton and handcuffing techniques, and two weeks orientation training with post military police. The officers recognized were involved in the establishment of the full performance Chenega contract to provide security and access control at post gates.



CHENEGA security officer top performers are Arthur Boyd, Jose Dominguez, Ruth Elmore, Jose Hernandez, Lloyd Medina, David Nawara, Juan Paredes, and Clarence Yarbrough.

## Antiterrorism Awareness

- FSH Force Protection Condition (FPCON) is ALPHA -  
FPCONs are graduated categories of measures or actions commanders take to protect personnel and assets from terrorist attacks. FPCONs are set by commanders locally based on terrorism threat information and/or guidance from higher headquarters.



Lt. Jay Perry, Sgt. George Morales, and security officer Herbert Davis are recognized by post security force chief Mark Szyman, Chenega regional manager Mike Brown, Cpt. Mike Anderson and Cpt. Curtis Hoosier.



Chenega top supervisory performers are Lt. Henry Bacon, Sgt. Raul Castro, Sgt. Juan Estrada, Sgt. James Johnson, Sgt. Larry Lynch, Sgt. Juan Martinez, Sgt. George Morales, Sgt. Gregorio Sanchez, and Sgt. Dwight White.



# Officer Basic Course Student In-Processing begins Soldier Transformation

Story and photos by Cpt. James Jones  
A 187th Company Commander

Alpha Company, 187th Medical Battalion, 32nd Medical Brigade provides command and control, administrative, and logistical support to the Officer Basic Course (OBC) students attending training at the Leader Development Branch. Alpha Company works closely with the staff of the Leader Development Branch to accomplish their mission of preparing Army Medical Department officers for a successful transition into military service, emphasizing leader development and officership by training in tasks crucial to the mission of the Army and the Army Medical Department.

On June 13, Alpha Company began in-processing new AMEDD officers into the Army that are in various phases of their medical, dental and veterinarian schools. These new officers are either part of the Armed Forces Health Profession's Scholarship Program (HPSP) or Uniformed Service University of Health Sciences (USUHS) program. For most of the students, this is their first experience with the military and the Army Medical Department. The goal is to welcome the new officers to the AMEDD, but also initiate the soldier transformation process.

As 307 OBC students began in-processing in Blesse Auditorium, they received a welcome brief and in-processing plan by 1st Lt. Ryan Moody, TAC (Training, Advising, and Counseling) Officer. For many of the students, this transformation process and in-processing program is a real culture shock.

Students are quickly exposed to Army terms and are required to fill out numerous forms to in-process the various agencies in the military like TRICARE, DEERS, Finance, and the Personnel System. This step by itself can be quite overwhelming for the new officers. The first day in-processing requires the students to complete a height and weight station, a urinalysis, inspection of their oath of office, determine if they have an ID Card/ID Tags, immunization screening, overseas screening, eyeglasses inspection, database entry, and briefs by the Class Advisor and Company Commander.

The students are quickly exposed to the "Back Bone of the Army," the Noncommissioned Officer. The in-processing stations are managed by a combination of Officers and NCOs from the 187th Medical battalion and the Leader Development Branch. It requires numerous support personnel to accomplish the in-processing requirements and answer the various questions of new AMEDD Officers. First Sergeant

Alonzo Jackson and other NCOs explain the grooming standards for the military and quickly point students like, 2nd Lt. Brendan Graham, HPSP student, in the direction of a barbershop.

Command Sgt. Maj. Jackie McFadden, indicated "NCOs have traditionally played a special role in the training of new officers in the military. During this new OBC class, we are assessing the use of drill sergeants during in-processing to provide assistance with drill and ceremony, wear and appearance of the uniform, and customs and courtesy. The Drill Sergeants (DS) allow us to introduce our AMEDD officers early on in their career to the special relationship between Officers and NCOs. The DS are there to demonstrate how a professional Soldier should look, behave, and carry themselves both on and off duty.

At this point we are still assessing how best to incorporate all of our battalion assets to provide the best training experience for not only our IET Soldiers but our Officer student population as well."

Many students don't arrive on time due to their flights and a lack of understanding of how to read their orders which indicates their reporting instructions. This requires an early start on the second day of in-processing to receive students who arrived late. The

TAC Officer begins this process at 5 a.m. and then quickly prepares the entire



Brendan Graham, in-processing HPSP student, June 13



2nd Lt. Brendan Graham, June 18

class for the events of the day. Students in-process Personnel, Finance, and Officer Records, develop their medical and dental records, and receive welcome briefs by Chap. David Schlichter, Lt. Col. John M. Collins, Battalion Commander and Col. Maureen Coleman, Brigade Commander. This is followed by a trip to Military Clothing and Sales to purchase uniforms. The Leader Development Branch staff and Alpha Company assist the students in choosing the correct uniforms, which reduces the student's anxiety and helps enforce uniform standards. The second day of in-processing is concluded by turning their uniforms in for alterations, sewing, and pressing. The third and fourth day of in-processing requires extensive support from the installation. The students in-process ID cards, immunizations, laboratory screening for HIV and DNA, optometry, dental, and CIF. During the round robin in-processing, Drill Sergeants and cadre are conducting hip pocket training on

uniforms, drill and ceremony, and various other topics. The students also receive Equal Opportunity Training, Sexual Assault Prevention classes, Standard Prevention awareness, and Safety Training focusing on the leader's responsibility.

After the in-processing, the class advisor, Cpt. Sarahtyah Wilson began preparing them for the academic requirements for the Officer Basic Course. The academic training begins with a welcome brief by Lt. Col. Dennis Lemaster, Officer In Charge Leader Development Branch and Col. Greg Griffin, Chief of the Leader Training Center. The students will experience the best training in the Army Medical Department while attending OBC. This training is conducted by world-class instructors and supported by superb TAC Officers. Alpha Company appreciates the support of the installation, Leader Development Branch, and the NCO's of the 187th Medical Battalion in the accomplishment of our mission! "Train to Save"



Drill Sergeant Dwight Wafford, teaches new Officer Basic Course students Drill and Ceremony, June 16.





**Yes, I want to be involved in National Night Out on Tuesday, August 3, 2004. Please register me for the following:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Location of Party:** \_\_\_\_\_

**Time:** \_\_\_\_\_ **Begin** \_\_\_\_\_ **End** \_\_\_\_\_

Please complete and return by July 1st to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Bldg. 2250, Fort Sam Houston, Texas 78234 or Fax 221-9173. For more information call Linda Furlow, 221-9686 or email at [linda.furlow@samhouston.army.mil](mailto:linda.furlow@samhouston.army.mil).

Please contact the Crime Prevention Section at 221-9686 if you must withdraw from any of the activities.

## Fort Sam Houston joins National Night Out, Aug. 3

The Fort Sam Houston Military Police will host the annual crime prevention National Night Out, Tuesday, Aug. 3. National Night Out is a nationwide crime prevention activity designed to heighten crime prevention awareness; generate support for, and participation in, local anti-crime prevention programs; strengthen neighborhood spirit and police community relations; and send a message to criminals that our neighborhoods are organized and are fighting back against crime. Thanks to the community support last year, Fort Sam Houston placed in the top three in the military category.

Fort Sam Houston residents interested in participating in this event are encouraged to call the Crime Prevention Section at 221-9686 for more information.

Registration forms are available at the Provost Marshal's Office, Bldg. 2250 and in the Fort Sam Houston News Leader. The registration form can be faxed to the military police at 221-9173 (Attention Linda Furlow). Once you are registered for a party, we will arrange for officers and other community leaders to visit your party to meet you and your neighbors on Aug. 3 at your block party.

Source: Law Enforcement Command .

## USAMITC Change of Command Ceremony

The U.S. Army Medical Information Technology Center (MITC) will conduct a change of command ceremony for Lt. Col. Jose L. Lopez and Lt. Col. Ulmont C. Nanton, Jr. at 9 a.m. on Wednesday, July 7 at the Fort Sam Houston Roadrunner Community Center.

Nanton will be the twelfth commander of the Medical Information Technology Center.

Lopez will depart MITC to attend the Senior Service College. Nanton's most recent assignment was at the Senior Service College.

Maj. Gen. Lester Martinez-Lopez, Commander General of the Medical Research and Materiel Command and Fort Dietrick, is the distinguished guest and host commander for the ceremony.

## Don't drive while on cell phone in D.C.

A new Washington DC law, effective July 1, 2004 authorizes a \$100 fine and one point traffic violation to anyone using a cellular phone without a hands-free device while driving in DC. This law applies to all drivers in the city, regardless of whether or not you live in DC.



# USO San Antonio and “Traveler’s Blessing” team to provide deploying soldiers with a touch of home

The USO San Antonio and A Traveler’s Blessing have collaborated to help provide local service men and women deploying on active duty with over 5,000 travel comfort kits, valued at \$150,000. Each of the kits will contain a pair of warm socks, an eye mask to block the light, ear plugs, unscented lotion with an assortment of aromatherapy oils, a breathing mask, a water spray, moistened towelettes, mints, and tissues, all packaged together in a small flat binder. Maya Royberg, of Traveler’s Blessing, states, “travel under

the best of circumstances is difficult and these little luxuries will give our Soldiers a chance to shut out the world and just relax.”

The two groups are asking for a donation of \$25 to help defray the cost of the packages, with \$5 of each package going directly to the San Antonio USO to help continue and support the valuable programs in place for the local service men, women and their families. Those wishing to donate are also encouraged to provide a personal note of support which will be included in

your care package before it is sent out.

Those interested in supporting the Alamo area USO and our local service men and women by donating should contact the USO at 210-227-9373. Letters to be included with your care package donation should be mailed to the USO at 420 East Commerce, San Antonio, TX 78205. Letters can also be mailed to a Traveler’s Blessing at 315 North Park Drive, San Antonio, Texas 78216, or email it to them at: [mroyberg@atravelersblessing.com](mailto:mroyberg@atravelersblessing.com) and they’ll print it out.

Each year the USO serves more than 104,800 military personnel all across the United States by providing all branches of our military with assistance, from family support to entertainment. The USO Council of San Antonio and central Texas is a non-profit organization dependent on the generosity of United Way/CFC campaigns, individual, civic and corporate donations. To find out more information about donating to your USO, visit [www.alamouso.org](http://www.alamouso.org).



# Dietary supplements can be good or bad for you

by Maj. Ralphine R. Whitfield  
Army Health Clinic, Mannheim,  
Germany.

The dietary supplement industry continues to grow each day because of an increased desire for a “natural” treatment to cure diseases and ailments.

People may have high cholesterol, suffer from hot flashes or just be “blue.” They don’t want to see their doctors or start taking prescription medications, yet they are still in need of relief, so they select an alternative treatment such as a dietary supplement.

The term dietary supplement encompasses a wide spectrum of products, including vitamins and minerals, herbal products and botanical agents, and extracts from organs and glands. Herbal products by far are the more popular dietary supplements used by the general public.

Depending on the source you read, Americans spent more than \$5 billion on herbal products in the year 2000 alone. The term “natural” or “herbal” often puts a person at ease. He or she feels safer taking something that is found in a plant or root rather than a drug that was synthesized in a lab.

More times than not, dietary supplements are not safer, because of the 1994 Dietary Supplement Health and Education Act (DSHE) establishing that dietary supplements are not drugs.

Under the act’s provisions, manufacturers of dietary supplements, unlike manufacturers of pharmaceuticals, are not required

to provide evidence of safety or efficacy prior to marketing.

This substantially altered the regulatory role of the Food and Drug Administration (FDA); in fact the FDA must demonstrate that the product is unsafe before it can take regulatory action.

So with all that said, you the consumer must take a very active role in managing your dietary supplements, over-the-counter medications and prescription medications to minimize the potential dangers associated with the use of dietary supplements.

The first step to minimizing the danger of your dietary supplement is understanding that “natural” is not always safe and that many of these supplements have a physiological effect on the body. The definition of a drug is any chemical compound that could be used in the diagnosis, treatment, or prevention of diseases or other abnormal condition, for the relief of pain or suffering, or to control or improve any physiologic or pathologic condition.

This means some dietary supplements are drugs even though these products fall under the DSHE Act. Dietary supplements should be considered medications and treated as such. In addition, you should be aware that because the manufacturing of dietary supplements is not regulated, the amount of “active ingredient” might vary from tablet to tablet.

For example a St. John’s Wort tablet, a popular dietary supplement used for the treatment of depression, may not contain the

daily recommended dose of hypericum, which is thought to be the active ingredient in St. John’s Wort. In fact, one study concluded that your tablets might vary 75 percent to 135 percent depending on the manufacturer. When feasible, use dietary supplements from the same manufacturer, to decrease the chance of huge variability, which in turn may minimize the difference in response and interactions of dietary supplements with other medications.

The second step is to learn all about your dietary supplement. Before starting the dietary supplement there are several questions you should ask yourself:

- What side effects can I expect?
- Will this interact with my other medications?
- Can it worsen another disease or disorder I suffer from?

In many states, your pharmacist is required by law to offer both written and verbal counseling about your prescription medications; unfortunately, the same is not true of dietary supplements.

Say you decide that you have been down in the dumps and you have been seeing advertisements for this dietary supplement called St John’s Wort. The ad states it is “safe and effective in the treatment of mild to moderate depression....”

Instead of going to the doctor, you decide to give St John’s Wort a try. It is important to know that St John’s Wort can cause restlessness, dry mouth, constipation, and sexual dysfunction. In addition, it interacts with over 40 other medications (pre-

scription, over-the-counter, and other dietary supplements) and it can worsen hypothyroidism.

Often the drug interactions associated with dietary supplements are significant and can result in lowering of effectiveness of a prescribed medication.

For example, one recent study found that, if a patient consistently took St. John’s Wort for 14 days, the enzyme cytochrome P450 that breaks down many prescription medications can be made even more active. The end result — your oral birth control now has a decreased effectiveness and your chance to become pregnant is likely to increase in a matter of days.

It is up to you to find reliable resources for dietary supplement information. Your health-care providers and pharmacist can recommend some endorsed web sites, journals and books.

The third step is for buyers to beware of unbelievable claims such as “cures all that ails you” or “lose 30 pounds in one month.” If it sounds too good to be true, it probably isn’t true. The Federal Trade Commission is primarily responsible for ensuring that claims in print and broadcast ads, infomercials, catalogs, and direct market materials “...must be truthful, not misleading, and substantiated. In addition, these ads and labels should contain the standard disclaimer: “This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnosis, treat, cure, or prevent any disease.”

After several Internet reviews

of hundreds of websites, it was found that this is often not the case and many manufacturers market their products as cures and treatments. One website described Valerian Root as “a herb most effective in treating a wide range of stress conditions such as irritability, depression, fear, anxiety, nervous exhaustion, hysteria...It is also useful in treating shingles...multiple sclerosis, and epilepsy.”

So that ad you read about the St John’s Wort treating mild to moderate depression is most likely not substantiated or supported by the appropriate clinical studies.

The fourth and most important step to minimizing the dangers of supplements is to always, always, always tell your health-care provider, pharmacist, dentist, and any other person involved in your health care that you are on, stopping or considering starting a dietary supplement.

An estimated 70 percent of patients do not inform their doctors about the use of alternative therapies, causing 15 million Americans to be at risk for potential drug-dietary supplement interactions. Informing your health-care team will decrease the likelihood of potential drug interactions and drug-disease interactions.

The verdict is still out on the safety and efficacy of dietary supplements. This is mostly due to the lack of regulation and standardization of these agents.

Unfortunately deaths and injuries associated with dietary supplement use are even more real and unpredictable with the lack of regulatory requirements. A prime example of this is Ephedra-containing products, which are now banned due to numerous deaths and injuries directly linked to the use of this product.

As a consumer, you have the choice to use these agents. But it is very important to understand what risk you are accepting and to learn all you can about all your medications and dietary supplements, thereby minimizing the dangers associated with the use of dietary supplements in combination with other medications or alone. And remember, always let your health-care team know.

(Mannheim Army Health Clinic release)



# Lightning Safety awareness can prevent injuries

Lightning Safety Awareness Week is June 20-26, 2004. Lightning is the second leading cause of storm related deaths in the United States, killing more than tornadoes or hurricanes. Only floods kill more. But the real story of lightning isn't the deaths, it's the injuries. Only about 10% of those struck are killed; 90% survive. But many of the survivors suffer devastating life-long severe injury. The injuries can be so severe that the person is debilitated and can't earn a living. These injuries are primarily neurological, with a wide range of symptoms, and are very difficult to diagnose. Lightning also causes about \$5 billion of economic loss each year in the U.S.

**NO PLACE OUTSIDE IS SAFE NEAR A THUNDERSTORM!**

If you are planning to be outside, watch the weather forecast and know your local weather patterns. Schedule your outdoor activities to avoid the lightning hazard. You can get the weather forecast from your local National Weather Service office. While National Weather Service doesn't issue weather warnings specifically for lightning, anytime the word "thunderstorm" is used in their forecasts, there is a lightning threat.

If you have to be outside, stay near a safer location and use the "30 30 Rule" to know when to seek proper shelter. Adults must be responsible for the safety of children in their care. This includes lightning safety. Coaches and referees of children's outdoor sports must be especially aware of lightning safety. Fight the urge to finish the game or get

in just one more play. When the lightning safety rules tell you to go to a safer place, do so immediately. Hesitation could lead to your children being killed or crippled for life.

When you see lightning, count the time until you hear its thunder. If this time is 30 seconds or less, lightning is already a threat and you should be inside. Be sure to allow enough time to find a safer location from lightning. If you can't see the lightning, just hearing the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before going outside.

While no place offers 100% guaranteed safety against lightning, some places are definitely safer than others. Seek a safer location when required. Don't hesitate, seek shelter immediately! The lightning casualty stories are full of events where people were about to make it to safety when they were struck; if they'd just started a minute earlier, they'd have been safe. The best shelter commonly available against lightning is a large fully enclosed building with wiring and plumbing, e.g. a typical house. Once inside, stay away from any conducting path to the outside. Stay off corded telephones. Stay away from electrical appliances, lighting, and electric sockets. Stay away from plumbing. Don't watch lightning from windows or doorways. In large buildings, inner rooms are generally better. If you can't get to a house, a vehicle with a solid metal roof and metal sides is a reasonable second choice. As with a house, avoid contact with conducting paths going outside: close the windows, lean away from the door, put your hands in your lap, don't touch the steering wheel, ignition, gear shifter, or radio.

Convertibles, cars with fiber-

glass or plastic shells, and open framed vehicles don't count as lightning shelters.

**MYTH:** Cars are safe because the rubber tires insulate them from the ground.

**TRUTH:** Cars are safe because of their metal shell.

If you have to be outside, at least avoid the most lightning dangerous locations and activities. Avoid higher elevations. Avoid wide-open areas, including sports fields. Avoid tall isolated objects like trees, poles, and light posts. Avoid water-related activities: boating, swimming (includes indoor pools), and fishing. Avoid golfing. Avoid open vehicles with open cockpits like some farm tractors, open construction vehicles, riding lawnmowers, golf carts (even with roofs), etc. Avoid unprotected open buildings like picnic pavilions, rain shelters, and bus stops. Avoid metal fences and metal bleachers.

**DO NOT GO UNDER TREES TO KEEP DRY DURING THUNDERSTORMS!**

If you've made several bad decisions and are outside far away from a safer location and lightning threatens, proceed to the safest location possible. Get away from elevated places, open areas, tall isolated objects, water, and unprotected open building. While on your way to the safest spot you can find, look for the signs that lightning is imminent. Sometimes lightning will give a very few seconds of warning. Sometimes your hair will stand up on end, or your skin will tingle, or light metal objects will vibrate, or you'll hear a crackling sound. If this happens and you're in a group, spread out so there are several body lengths between each person. If

one person is struck, the others may not be hit and can then give first aid. Once you've spread out, use the lightning crouch; put your feet together, squat down, tuck your head, and cover your ears. When the immediate threat of lightning has passed, continue heading to the safest spot possible. Remember, this is a desperate last resort; you are much safer having followed the previous steps and not gotten into this high-risk situation!

A common myth is that metal attracts lightning. The three factors that dominate where lightning strikes near a thunderstorm are height, isolation, and shape. A tall pointy object alone in a large open area is the most likely point to get struck by lightning. The object's composition has virtually nothing to affect it being struck. After all, mountains are often struck by lightning, yet they are made of dirt and stone. Therefore, don't waste time removing glasses, jewelry, backpacks, etc. from your body. Get to the safest place you can as fast as possible. However, you do want to avoid large metal objects like metal fences or bleachers. If lightning does happen to strike them, they can conduct the deadly electricity a long distance to you.

**MYTH:** Metal attracts lightning.

**TRUTH:** Height, isolation, and shape dominate where lightning will strike near a thunderstorm.

All deaths from lightning are cardiac arrest and by the stopped breathing that follows. The recommended first aid is to have someone call 9-1-1 to get professional help and immediately apply CPR or mouth-to-mouth-resuscitation, respectively. Only about 10% of lightning victims are killed. Proper first, quickly applied has a 90% chance of saving a life.

The short-term medical impacts of lightning can include light skin burns, concussive injury, tempo-

rary deafness, and even temporary flash blindness for nearby lightning strikes.

Long-term medical impacts are mostly neurological. While the range and intensity of symptoms can vary widely, some of the most common symptoms include pain, especially headache, chronic fatigue, memory difficulty, and difficulty concentrating. These symptoms sometimes don't appear until months after the lightning strike. Sometimes the injuries are so intense that the survivor is debilitated and can't maintain employment or previous relationships, with devastating impact on themselves, family, and friends. Unfortunately, many physicians are not well trained in lightning injuries. It is important that lightning survivors seek out proper medical care and/or learn about the medical aspects of lightning to help teach their doctors. The University of Illinois at Chicago is one source of valuable information, [www.uic.edu/labs/lightning-injury](http://www.uic.edu/labs/lightning-injury) It is also important for lightning survivors to seek support from other survivors. The Lightning Strike Electric Shock Survivors International provides valuable support group services to lightning survivors, [www.lightning-strike.org](http://www.lightning-strike.org).

**MYTH:** Lightning victims are electrified. If you touch them, you'll be electrocuted.

**TRUTH:** It is perfectly safe to touch a lightning victim to give them first aid.

No lightning safety guidelines will give 100% guaranteed total safety, but following these easy procedures will help you avoid the majority of lightning casualties. Learn more at [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov).





# Injured Soldiers honored

By Maj. Gregg Tooley  
BAMC Public Affairs

Four injured soldiers were honored Friday at a Brooke Army Medical Center Purple Heart ceremony for wounds received in action in Iraq.

Maj. Gen. James E. Simmons, III Corps deputy commanding general at Fort Hood, along with Brig. Gen. C. William Fox Jr., BAMC's commander, presented Purple Hearts for wounds received in support of the global war on terrorism.

The honored Soldiers included Sgt. 1st Class Alan Hornaday, Sgt. Steven Bossom, Pvt. Yevgeny M. Grigoryev, and Pvt. Christopher Perez.

Fox said recognizing the injured Soldiers during their recovery phase is both a privilege and honor. The Purple Heart award, established by Gen. George Washington to recognize military distinction and valor, goes to Soldiers who are injured while facing the enemy in combat operations.

“We are in the people business and we are in the recovery and saving of lives business,” he said. “We are part of a great system that provides the best the world has to offer in terms of healthcare.”

Fox cited the Army Medical Department’s track record of moving injured Soldiers from the battlefield with combat medics, to forward surgical teams, to fixed facilities like Brooke Army Medical Center through professional medical evacuation. He said the process helped Soldiers recover from their wounds, both physically and psychologically.

Hornaday, an infantry man and Arkansas National Guardsmen, is assigned to 39th Infantry Brigade. Wounded in a car bomb explosion, he has two sons, who both served with him in Iraq.

Bossom, a cavalry scout with the 1st Cavalry Division, injured his leg when hit by a rocket-propelled grenade.

Grigoryev, immigrated to the United States three years ago

from Russia, joining the U.S. Army as a combat engineer. The private, assigned to the 1st Cavalry Division, also sustained his injury from a rocket propelled grenade.

Perez, a Californian who served as a combat engineer, was also injured by a rocket propelled grenade.

After presenting the Purple Heart awards, Simmons said the recipients represent what is great about the Army and America.

“They were wounded fighting for a nation of people struggling to gain freedom from a repressive regime that they have lived under for 35 years,” Simmons said. “They, above all else, wear the title Soldier.”

Simmons said the wounded Soldiers would not be reunited with their families without the great quality of medical care the Soldiers received on the battlefield, in field hospitals and in great medical centers such as BAMC.



Photo by Diane Martinez

Maj. Gen. James Simmons, III Corps deputy commander, congratulates Pvt. Christopher Perez Friday after presenting him with the Purple Heart.



Photo by Diane Martinez

Judith LaRock joins her son, Sgt. Steven Bossom, for the BAMC Purple Heart ceremony. Bossom’s leg was injured in Iraq by a rocket propelled grenade.



Photo by Diane Martinez

Pvt. Yevgeny Grigoryev waits for the Purple Heart ceremony to begin. Grigoryev was injured by a rocket-propelled grenade while serving in Iraq.

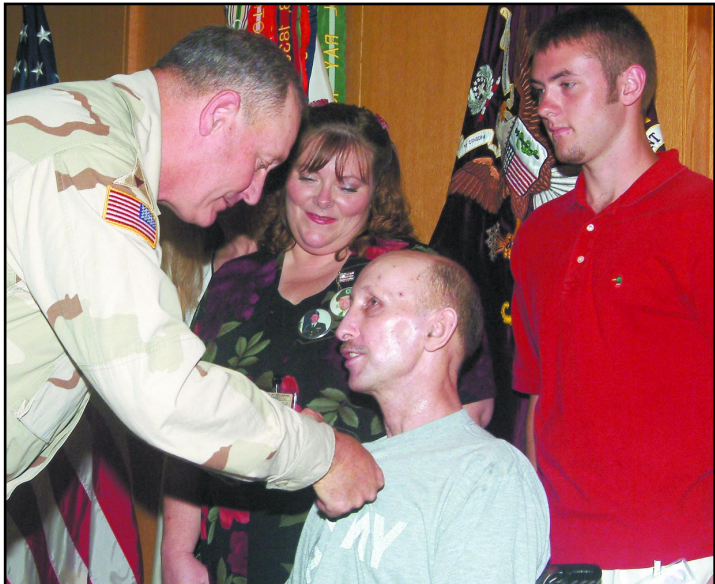


Photo by Diane Martinez

Maj. Gen. James Simmons awards the Purple Heart to Sgt. 1st Class Alan Hornaday. Hornaday’s wife Sheila and son, Cory, joined him for the BAMC Purple Heart ceremony.

# Mandatory ethics training scheduled

By Shelby Tanner  
Staff Judge Advocate

The Acting Secretary of the Army has directed that all Army personnel (military and civilian) receive one hour of face-to-face ethics training annually. Each employee should check with the Ethics Counselor for their command (MEDCOM, USARSO, Fifth Army, etc.) to learn the date and time for their ethics training. For units belonging to, or supported by, AMEDDC&S and the Fort Sam Houston Garrison, the Staff Judge Advocate will provide multiple opportunities each month for your personnel to attend this training.

Each commander/director/activity chief must ensure 100% compliance within their organization and certify the same to the Commander, AMEDDC&S, by memo NLT 15 December 2004. To help accomplish this task, each office should send a request by email to Mr. Mario Rendon, Office of the Staff Judge Advocate, and he will furnish an electronic copy of the sign-in sheets for each ethics class.

You may direct any questions concerning this training requirement to the Chief, Administrative and Civil Law, Office of the Staff Judge Advocate, AMEDDC&S and Fort Sam Houston, at 221-2373/0485.

This training is mandatory for all Soldiers and DA civilians (no contractors or contract employees) and will be taught in Evans Theater, Bldg. 1396, on the following dates. Reservations are not required.

## Training schedule

Date	Start Time	End Time
24 June 2004	1330 hrs	1430 hrs
29 June 2004	0930 hrs	1030 hrs
7 July 2004	1330 hrs	1430 hrs
14 July 2004	0930 hrs	1030 hrs
23 July 2004	0930 hrs	1030 hrs
28 July 2004	1330 hrs	1430 hrs
4 Aug 2004	0930 hrs	1030 hrs
18 Aug 2004	1330 hrs	1430 hrs
1 Sept 2004	0930 hrs	1030 hrs
15 Sept 2004	0930 hrs	1030 hrs
5 Oct 2004	0930 hrs	1030 hrs
20 Oct 2004	0930 hrs	1030 hrs
3 Nov 2004	1330 hrs	1430 hrs
17 Nov 2004	0930 hrs	1030 hrs
1 Dec 2004	0930 hrs	1030 hrs
15 Dec 2004	1330 hrs	1430 hrs



# FSH Newcomers’ Extravaganza June 29

The Garrison Commander invites all Fort Sam Houston residents, especially newcomers to the Fort Sam Houston community, to a Newcomers’ Extravaganza, June 29, 9 a.m. at the Roadrunner Community Center, Bldg. 2729.

**Attendance to the Newcomers’ Extravaganza is mandatory for all incoming permanent party Soldiers in rank of lieutenant colonel and below within 60 days of their arrival here.**

Everyone- - Soldiers, civilians, and family members will have an opportunity to learn about

Fort Sam Houston and San Antonio and participate in drawings, registrations, and social activities.

This Extravaganza is the official “Newcomers’ Orientation” for Fort Sam Houston. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome. Strollers are available and special treats will be provided.

For additional information, call the Army Community Service Relocation Program at 221-2705/2418.

## Planning to travel outside the U.S.?

Whether traveling for business or pleasure, be sure to check out these websites for a variety of useful travel and health information. Here’s just some of the information available.

**State Department:**  
**<http://www.travel.state.gov>**

- Travel Warnings
- Public Announcements
- Consular Information Sheets for All Countries (Entry Requirements, Safety/Security, Crime and More)

**Centers for Disease Control:**  
**<http://www.cdc.gov/travel>**

- Health Information by Destination
- Outbreaks of Concern to International Travelers
- Required Immunization and Vaccinations
- Health Information by Destination
- Cruise Ship and Air Travel Health Info.
- Safe Food & Water



# 232nd Medical Battalion hosts JROTC visit



Photo by Esther Garcia

By 1st Lt. Sonya Horwell  
232nd Medical Battalion

On 17 June 2004, 56 members of the Haltom High School JROTC program in Haltom City, Texas, spent a day in the footsteps of the “Soldier Medics” in the 232d Medical Battalion on Fort Sam Houston. The JROTC students, headed by 1st Sgt. David Long, made their first stop at the Combat Trauma Lanes where they witnessed the Company A “Gator” Soldier Medics practice MEDEVAC operations with a Blackhawk. Capt. Larry Carpenter and Sgt. 1st Class Robert Johnson, the Officer-In-Charge and Noncommissioned Officer-In-Charge of Specialty Team 5, recently increased the intensity of training in their section by coordinating with the 149th Medical Evacuation unit to fly Blackhawks to Fort Sam Houston. The Soldier Medics load the patient onto the Blackhawk, which then makes a “round”, and returns within minutes for unloading.

The JROTC students also observed the “Gator” Soldier Medics as they responded to the stresses of the simulated sights and sounds on the battle-field while applying immediate medical attention to SIMMAN mannequins (simulation man). Next, the crew marched to NATO track, where Company F “Falcons” was conducting a Litter Obstacle Course and Chemical Decontamination of a casualty. Maj. Charles Leonardo and Sgt. 1st Class Karen Glover are the Officer-In-Charge and Noncommissioned Officer-In-Charge of Specialty Team 6. Four JROTC students, Fernando Valdez, Dino Boyer, Chris Self and Louie Dengin supplemented as the fourth person for four litter teams as they carried a 150-pound Soldier Medic through the Litter Obstacle Course. The teams successfully completed all of the following tasks: surmount a low-wall obstacle, surmount a high-wall obstacle, cross a trench obstacle, transport a

casualty through a narrow obstacle, transport a casualty over rough terrain, transport a casualty through a low-wire obstacle, transport a casualty uphill, and transport a casualty downhill. With the four students covered in sweat and sand from the wire obstacle, the group returned to the 232d Medical Battalion Headquarters where Staff Sgt. Theresa Rosario showed them the new Stryker Medical Evacuation Vehicle. The MEDEVAC vehicle can evacuate four litter patients or six ambulatory patients while its crew of three medics provides basic medical care. It has a centrally-located medical attendant seat and a high roof to allow a medic to monitor medical equipment and provide some patient care. The Stryker also accommodates more medical supplies and equipment than its predecessor ambulances. 1st Lt. Aaron Lozano did an outstanding job coordinating with the Specialty Teams to observe the training.

(Above) Approximately 56 JRTOC students from Haltom High School, Haltom City, Texas led by 1st Sgt. David Long, march to the Combat Trauma Lanes site to observe initial entry students train.



Photo by Esther Garcia

Staff Sgt. Theresa Rosario and Ellis Lawrence provided a description of the Stryker, a medical evacuation ambulance. The 232nd Medical Battalion uses the vehicle during training exercises for 91W Healthcare Specialist Course.



Photo by Esther Garcia

1st Lt. Aaron Lozano, 232nd Medical Battalion, speaks to the students about his experiences in the Army and the multiple career opportunities available to them in the Army.



Photo by Esther Garcia

1st Lt. Sonya Horwell, 232nd Medical Battalion stands by as Capt. Larry Carpenter briefs JROTC instructors Master Sgt. Leonard Cousins and 1st Sgt. David Long, about the importance of using an aircraft for medical evacuation training. The 232nd Medical Battalion recently teamed with the Texas Army National Guard to use a UH60 Blackhawk aircraft to support the Combat Medic training goals.



Photo by Esther Garcia

JROTC students watch classmate Chris Self as he maneuvers the litter obstacle course with initial entry students from 232nd Medical Battalion.





Photos by Esther Garcia  
(Above) JROTC student Dino Boyer participates in the Combat Trauma Lanes litter obstacle course training with 91W Initial Entry students.



(Right) JROTC student Fernando Valdez, with the help of his teammates, learns the proper technique to turn a litter while going downhill during the litter obstacle course.

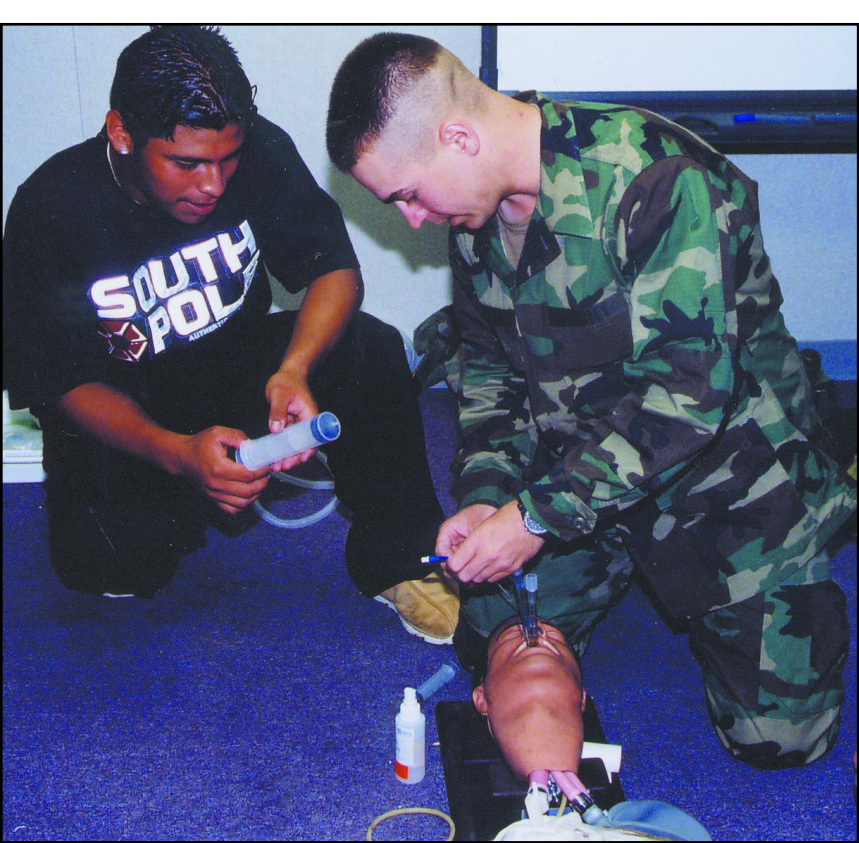


Photo by Esther Garcia  
(Above) Pvt. Jacob Weinberg, 232nd Medical Battalion student, demonstrates the proper technique to open an airway on a patient to JROTC student Sergio Canada.

Photos by Esther Garcia  
(Above) JROTC student Chris Self, with initial entry students from 232nd Medical Battalion, maneuvers a patient litter underneath a wire obstacle along the litter obstacle course.

(Below) JROTC student Louia Dinger climbs over a wall during the litter obstacle course. The course included such obstacles as climbing stairs, traveling downhill, crawling underneath wires, and climbing over walls. Dinger enlisted in the Army to train as an aviation mechanic.





# Claims office helps with shipment damage to high value items

By CPT Kristy Radio  
Claims Judge Advocate

The Army Claims System is intended to compensate for soldiers and civilian employees to be compensated for some property losses caused by frequent moves incident to service. It is not a gratuitous payment system, it is not blanket insurance coverage. When the Claims Office computes payment, it considers is computed, numerous factors, are taken into consideration such as the condition of the item prior to shipment, fair market value of the item, depreciation, and repair and replacement cost. For persons with expensive property, an additional factor comes into play; the maximum allowable payment, and the maximum allowable payment for such item. The Claims Office may only pay up to a certain amount on some property.

Therefore, a claimant with high value items should be aware of the potential decrease in reimbursement and take alternative steps to ensure they're covered as much as possible. Two common examples of high value items that are often damaged in shipment include plasma screen TVs and computers.

However, similar shipping guidelines can be followed for other expensive items.

**Shipping and Filing a Claim for Plasma TVs**

Plasma screen TVs are certainly expensive high value items ranging anywhere from \$1,000 to \$7,000. Although manufacturers warn that plasma screen TVs are sensitive to extreme heat and high altitudes, these items can be protected. Packing the TVs properly is essential. Manufacturers are able to ship their products to retail stores throughout the world due to proper packaging.

Therefore, if you plan to purchase a plasma TV, retain the original boxes. If you have already destroyed the original packaging for your TV, you may be able to purchase special containers from the carrier.

If you do ship a plasma television, keep in mind that according to the Table of Maximum Allowances there is a maximum allowable payment of only \$1,500 per item and \$2,500 per claim. (DA PAM 27-162; Table 11-1 Depreciation Guide). Claims for plasma TVs, like other electronics, are usually substantiated by the external damage that was done to the television. In the absence of visible external damage, a repair estimate by a qualified repair firm must be submitted to provide evidence that the damage was due to faulty handling by the carrier. It is also recommended that claimants keep any damaged shipping containers as evidence of rough handling.

**Shipping and Filing a Claim for Computers**

There are many steps an individual can take to reduce

the chance of shipment damage to their computer. For example, it is recommended that claimants periodically maintain their computer to ensure that the system is properly working prior to shipment. Also like other electronics, when shipping computers it should be packed in its original container if possible to decrease the likelihood of damage.

Claims for damaged computers are often filed after a government sponsored move. However, computers are extremely sensitive items and may stop working for numerous internal reasons not related to transit. Therefore, a statement alone by the claimant that the computer was properly functioning before shipment will usually not be enough to substantiate payment.

If it is necessary to file a claim for a damaged computer, claimants will need to substantiate it either with any visible external damage to the computer or a statement from a qualified repair firm explaining that the internal damage was due to rough handling in shipment. It is

always essential that the exact nature of the internal damage be specified on the electronic repair form. An estimate that simply states that there was shipment damage will not be sufficient.

When calculating the amount payable for a damaged computer, remember that computers are highly depreciated and there is a maximum allowable payment of \$4,000 per claim for all computer equipment. (DA PAM 27-162; Table 11-1 Depreciation Guide). Although it is always recommended that claimants acquire private insurance for high value items, keep in mind that most private insurance companies will also require substantiation of transit related damage. Therefore in order to truly protect your computer, you may want to consider alternate forms of transportation.

Information contained in this article is general in nature and does not constitute legal advice. If you have any questions regarding specific situation please contact the Fort Sam Houston Claims Office in Building 153 or at 221-1973.

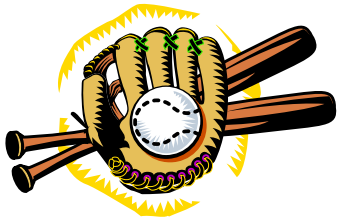


# MWR Recreation and Fitness

**Archery Lessons at the Equipment Center** - Individual and group archery lessons are now available through the Outdoor Equipment Center. Instruction is given at your level of expertise, novice to expert. Contact instructor Skip Dawson, award winning archer, at 221-5225. Children are welcome, however, a parent must accompany dependents under the age of 18. Please wear full shoes and no oversized shirts or shorts/trousers.

**3-D Archery at Camp Bullis** - The next 3D shot is June 26-27, check-in is from 8-10 a.m. This exciting competitive soot includes 30 3D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards are given to the top three in each class. Gather two to five friends and enjoy this outdoor activity. Saturday's shoot is \$15, all competitive

and Sunday's shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult and a playground is available. Open to the public. Call 295-7577 for more information.



**Intramural Softball (Male, Female & Coed)** - Letters of intent are due Aug. 2. A coaches meeting is 1 p.m., Aug. 6 at the Jimmy Brought Fitness Center. The season starts Aug. 16. Call Earl Young at 221-1180 for more information.

**Intramural Flag Football** - Letters of intent are due Aug. 2. Send to Earl Young, 1212

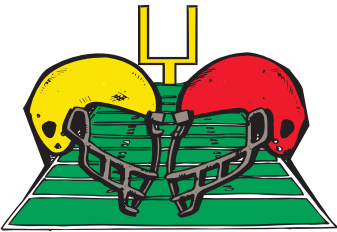
Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. A coaches meeting is 1 p.m., Aug. 5 at the Jimmy Brought Fitness Center. The season starts Aug. 16. Call Earl Young at 221-1180 for more information.

**Post Soccer Team** - Coaches and players wanted. Tryouts are at 6 p.m. Aug 16-20 at Hacienda Field. Coaches send resume to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. Players call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil for more information.



**Post Men's Basketball Team** - Coaches and players wanted. Tryouts are at 6:30 p.m.

Aug. 30-Sept. 2 at the Jimmy Brought Fitness Center. Coaches send resume by Aug. 15 to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. Players call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil for more information.

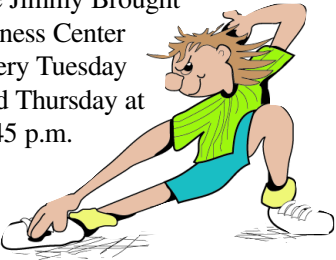


**Post Flag Football Team** - Coaches and players wanted. Tryouts are at 6 p.m. Aug. 2-6 at Leadership Field. Coaches send resumes by Jul. 26 to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. Players call Earl Young at 221-1180 or e-mail

earl.young@samhouston.army.mil for more information.

**60 Days of Fitness** - A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program requires you to workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. You will also attend two 30-minute weight loss classes. Cost for the program is \$20, which includes a t-shirt. Contact Lucian Kimble at 221-2020.

**New Pilates Class** - A new Pilates classes is being offered at the Jimmy Brought Fitness Center every Tuesday and Thursday at 4:45 p.m.



# MWR Dining and Entertainment

**Officer's Club - Sunday Brunch** - July 11, 10 a.m.- 1:30 p.m. \$11.95 Members, \$13.95 non-members, Children 7-11 \$5.95, Children 6 & under with our compliments. (Appropriate Attire Required). Enjoy the Lunch Buffet every Monday through Friday from 11 a.m.-1 p.m. Lunch buffet includes beverage & soup.

**NCO Club TGIF** - Every Friday! Karaoke & Disco starts at 6 p.m. - Finger Foods! No Cover! Comedy Night- Fri, July 9, Doors open 7:30 p.m. Showtime is at 9 p.m. Cost is \$12 per person and includes complimentary dinner. Bingo Thursday & Friday (6:50 p.m. - Early Bird Start) Doors open at 5 p.m. Saturday (12:50 p.m. - Early Bird Start) Kids 10 & up may play, when accompanied by an adult \*\* Free Buffet for all bingo players \*\*

**Golf Club - Lucky Bucket Sweepstakes** - Come by our lighted driving range and you may walk away a winner! Join the others that have already won instant prizes and are now

entered to win the Grand Prize Resort Vacation! Hurry your chance to win ends June 30. Call for details. Twilight Special on Green Fees is offered all day Monday through Wednesday and after 1:30 p.m. on all other days. Visit our Lighted Driving Range open 6:30 a.m.-8 p.m.

**Bowling Center - Lunch & Bowl** - Buy lunch (\$3 minimum) Weds-Thurs 11 a.m. – 1 p.m. and bowl for free! Soldier Appreciation Day at the Bowling Center is every Saturday from 3 p.m. -7:30 p.m. Bowlers receive free shoe rental and soda!

**Harlequin Dinner Theatre** - “Catfish Moon” a comedy by Laddy Sarten will be performed July 7 through August 7. The Harlequin Dinner Theatre is holding open auditions on July 19 and 20 for the Neil Simon comedy “Come Blow Your Horn”. Auditions will be from 7 p.m. to 8:30 p.m. both nights. For more info call the box office at 222-9694.

## MWR Ticket Office

**Circus Ticket Correction:** Incorrect time was printed on the Circus Tickets previously purchased at FSH. Correct time for the show is 5:30 pm. Please call Sherrie Villani at 402-6029 to exchange your ticket.

We have Fiesta Texas Splashtown, Schlitterbahn, SeaWorld & Disney tickets! Now available - Dora the Explorer LIVE!! at the Majestic. Ringling Brothers Barnum & Bailey Circus is coming July 1-5!! For additional ticket info & pricing call 226-1663.

Bring Your Boss Night - Friday, June 25 from 4:30 p.m. to 8 p.m. at the NCO Club. International foods will be served and there is no cover charge.

## Harlequin Dinner Theatre is holding auditions for “Come Blow your Horn”

The Harlequin Dinner Theatre is holding open auditions on July 19 and 20 for the Neil Simon comedy COME BLOW YOUR HORN. Auditions will be from 7 to 8:30 p.m. both nights with William C. Champlin directing. Those who come to auditions should enter Fort Sam Houston through the Walters Street gate. Harry Baker, owner of the largest artificial fruit business in the east, is the father of two sons. One is a 33-year-old playboy; the other a different, 21-year-old with an urge to assert himself. These two are continually trying their father's easily abused patience. There are roles for 3 men and 4 women. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be Wednesday

through Saturday evenings from September 1 through October 2. For more information call the Harlequin Dinner Theatre at (210) 222-9694. “CATFISH MOON” AT HARLEQUIN DINNER THEATRE Prices are \$25.95 on Fridays and Saturdays and \$22.95 on Wednesdays and Thursdays. There are discounts for military and students. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30, and curtain is at 8 p.m. Make reservations by calling the Harlequin Dinner Theatre at (210) 222-9694. Our box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. on Saturdays. Handicapped accessible. Harlequin Dinner Theatre BLDG. 2652 Harney Road Ft. Sam Houston, TX 78234 Florence Bunten (210) 222-9694

Intramural Softball Standings					
June 17					
TEAM	W	L	W	L	
Pool A					Overall
BAMC	6	2	7	4	
Co C Acad Bn	6	2	14	3	
5 <sup>th</sup> Army	6	3	9	5	
Co B Acad Bn	3	5	7	7	
232nd Med Bn	2	6	5	8	
DFAS	1	6	1	8	
Pool B					
LEC	7	2	8	4	
DMRTI	5	3	6	5	
Fire Depratment	5	3	6	5	
NMCRC	5	4	7	6	
USARSO	5	5	7	7	
USAMITC	1	9	1	11	
June 14 Score					
LEC	9	DMRTI	6		
USARSO	16	USAMITC	3		
NMCRC	8	USAMITC	1		
BAMC	20	232nd Med Bn	3		
5 <sup>th</sup> Army	14	DFAS	1		
Co C Acad Bn	7	Co B Acad Bn	6		
June 16 Score					
Co C Acad Bn	12	232nd Med Bn	6		
Co B Acad Bn	13	5 <sup>th</sup> Army	11		
Fire Department	22	USAMITC	5		
USARSO	16	NMCRC	6		

## Running safely on post reduces risk of accidents

If walking or running during hours of darkness carry a flashlight to shine on the sidewalk in front of you. One should also be wearing light (or reflective) clothing, stay out of the roadway, and be alert to traffic. Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes. Run in familiar areas and avoid unpopulated areas, deserted streets, and overgrown trails. Don't wear headphones. Run against traffic and keep the approaching automobiles in view. Wear reflective material if you must run during the hours of darkness. Runners may run on sidewalks or on the grass along the roads mentioned below. Prohibited running/jogging roads on Fort Sam Houston: Stanley, Dickman, Artillery Post, Wilson, Scott, New Braunfels, Harry Wurzbach, Schofield, Roger Brooke and Binz-Engleman.

**Smoke-free and courageous forever**

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip, or chew. Become one of our graduates and earn your "wings".

Health Promotion Center  
Ward 3 West, BAMC  
916-3352 or 916-5538



# Army Community Service

## Family Advocacy Program Class Schedule

### June 2004

Class Title	Date	Time
Beyond Your First Baby	24	8 a.m. – Noon
New Series 1-2	24	11 a.m. – 12:30 p.m.
Commanders Training	24	8 – 9:30 a.m.
Parenting with Love & Logic (ages 0-12)	24	9 – 11:30 a.m.
Saturday Marathon	26	9 a.m. – 5 p.m.
Your Teen & Anger	26	10 a.m. – Noon
(B.E.A.M.S.) Evening Classes (Series 1-4)	29	6 – 7:30 p.m.
Girl Talk!		
Helping Us Grow Securely	29	9 – 11 a.m.
(H.U.G.S.) Playgroup		
Evening Class (Series 1-4)	29	6 – 7:30 p.m.

To register or for information, call ACS Family Advocacy Program at 221-0349/2418.

### June Health Promotion Center Class Schedule

Breastfeeding Spt. Grp.	25	1-2:30 p.m.
Diabetes Education	28	12:45-4:30 p.m.
Diabetes Education	29	12:45-4:30 p.m.
Tobacco Cessation		
“Readiness to Change”	29	5-7 p.m.

Call 916-3352 to get more information and register today.  
**Note:** Free healthcare classes to BAMC civilian employees and TRICARE beneficiaries.



# Post worship schedule

**Main Post Chapel**, Bldg. 2200,  
phone number: (210) 221-2754.  
**Catholic Services:**  
4:45-5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Weekdays

**Protestant Services** - Sundays:  
8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant

**Jewish Services:** phone numbers: (210) 379-8666 or 493-6660.  
Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



**Dodd Field Chapel**, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

**Catholic Services** - Sundays: 12:30 p.m. - Bilingual Mass  
**Protestant Services:**  
5:30 p.m. - Contemporary Protestant - Sundays  
10:30 a.m. - Collective Gospel Protestant - Sundays  
9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided



**AMEDD Regimental Chapel**, Bldg. 1398, phone  
number: (210) 221-4362.

**Troop Catholic Mass:** Sundays:  
10 a.m. - 32nd Medical Bde. Soldiers  
**Troop Protestant Gospel  
Services:** Sundays:  
11:30 a.m. - 32nd Medical  
Bde. Soldiers

**Troop Protestant Service:**  
9 a.m. - 32nd Medical Bde. Soldiers



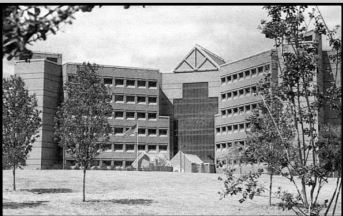
**FSH Mosque**, Bldg. 607A,  
phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays  
10:30 a.m. - Children's Religious Education - Sundays  
7:30 p.m. - Adult Religious Education - Thursdays



**Brooke Army Medical Center Chapel**, Bldg. 3600, phone number: (210) 916-1105.

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:15 a.m. - Mass - Sundays  
11 a.m. - Mass - Weekdays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
Noon - Worship - Wednesdays



**232nd Medical Battalion Classroom**, Bldg.  
1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

**Web site:** [www.cs.amedd.army.mil/chaplain](http://www.cs.amedd.army.mil/chaplain)

## Bible School begins July 12

Vacation Bible School has finally arrived. This year's theme is SonGames 2004. Every activity is full of action and camaraderie. They will design team flags, create gold medal crafts, and learn about God through five themes. These are Join In!, Team Up!, Get Strong!, Keep On!, and Celebrate!

Vacation Bible School is open to all children 4 years old through 4th Grade (completed). Your child does not need to attend our chapel to attend. VBS will be held July 12-16 from 6 to 8 p.m. at Dodd Field Chapel.

They'll learn that God wants everyone to Join In! As they experience the story of the Apostle Paul's

conversion. Children will want to Team Up! With encouraging friends when they hear how Paul's friends helped and encouraged him. They'll find God helps them Get Strong! And do what's right, as they witness Paul's obedience as he traveled through Greece. Your team will be inspired to Keep On! Trusting God during tough times, as they watch Paul's perseverance. Lastly, your team will enjoy seeing Paul reach his goal and will Celebrate! The many good things that God does for the members of His team!

For information, visit the Web site:  
<http://www.samhouston.army.mil/cchaplain/VBS/>



Now's the time...  
Make an appointment for your child's  
PHYSICAL



AGES 8 AND UP ONLY  
BAMC Pediatric Clinic  
25 June 2004  
16 & 30 July 2004  
1300-1600  
Call 916-9900 for appointment  
BRING SHOT RECORDS

# MWR Youth Happenings

**Wanted: Arts and Crafts instructor** - Youth Services and School Age Services are looking for an arts and crafts instructor for the summer. This paid position would be for four 50-minute classes Monday through Friday and two 50-minute classes on Saturdays. Ages of the youth range from 6-18 and are all different skill levels. All materials and supplies will be provided but the planning must follow the coordinated schedule of summer camp weeks. If you are interested, call the Youth Center at 221-3502

**Aerobics** - Youth Services is offering a no cost, low impact aerobics class from 6:30-7:30 p.m. on Wednesday and Thursday. For information, call 221-3502.

**Teen Summer Discovery Camp** - Registration for the Teen Summer Discovery Camp is going on for youth ages 14 and up. This program is for those who are too old for camp and too young to have a job. During this camp, youth will volunteer at a work site two half days and the other day will hike, swim, and travel across South Central Texas.

This volunteer time in a work site provides job experience for each individual. There will be tubing on the Guadalupe River, swimming in Canyon Lake, trips to career interest areas and lots more. The cost for this camp is \$65 per week and includes breakfast, lunch and a snack. For information, call 221-3502.

**‘French Fry Friday’** -

Every Friday is French Fry Friday. An order of seasoned or regular fries is 50¢. Come on by and eat with us and support the Youth Center.

**Exploring Life for Middle School students** - Youth Services offers an after school program for Middle School youth grades 6-9. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on homework, participate in clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

**Youth Service Volunteers** - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.


**Saturday Open Recreation** - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for

youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

**Parents Wanted** - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

**Tae-Bo** - Join the YS staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.

**Saturday Shuttle** - YS offers a Saturday shuttle to and from the Youth Center. There is no cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member. The Shuttle schedule is as follows:



3 p.m. - Leave the Youth Center

3:07 p.m. - Gorgas Circle (picnic tables)

3:10 p.m. - Schofield/Dickman on Schofield

3:15 p.m. - Reynolds and Dickman on Reynolds

3:20 p.m. - Officer’s Club tennis Courts

3:25 p.m. - Artillery Post Road at Bus Stop

3:30 p.m. - Easley/Infantry Post Bus Stop 660

3:42 p.m. - Patch Road (playground)

3:46 p.m. - Patch Road Shoppette Parking lot

3:50 p.m. - Foulois/Scott Road Harris Heights

3:54 p.m. - Forage/Foulois

The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.



# Child and Youth Services summer news

**The 3 day Part Day Preschool** has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning the 3 Day Part Day Preschool Program, notify Central Registration at 221-4871 or 221-1723 to place your name on a list. Fees will range from \$151-\$200 per month and will be assessed by calculating Total Family Income.

**Town Hall Meeting** - 29 Jun. 04 from 6-730 pm at the Roadrunner Bldg. 2797, Stanley Rd. for CYS Patrons concerning fees. Free Childcare will be available for Town Hall parents at the Child Development Center. RSVP no later than 25 Jun 04 by 4 pm. To reserve care contact the Child Development Center by calling 221-5002 or 221-4058.

**Family Child Care (FCC)** offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers.

Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. For more information please call 221-3820 or 221-3828.

**Parent Child Incorporated/Head Start** will be closed 21 June to 6 July. PCI/Head Start patrons in need of care during that time can call Central Registration at 221-4871 or 221-1723.

**CYS Parent Advisory Council (PAC)** meeting will be Tues. 20 July from 1130-1230 at the Child Development Center, 2530 Funtston. Lunch will be pro-

vided. This is CYS parents opportunity to learn of upcoming events, meet staff and address concerns.

**School Age Service** in conjunction with Safety, Provost Marshal and Military police will be hosting the annual School Age Service bike rodeo on 23 June from 8-11 am. This event is open to the community and will take place at the School Age building, 1705. Children will be fitted for helmets. For more information please call 221-4466.

**The Child Development Center** has full day immediate openings for ages 2-5. To register please contact Central Registration at 221-4871 or 221-1723.

**Central Registration** will be onsite for early registration for Before and After School care at the School Age building, 1705. All patrons in need of Before and After School care will need to reg-

ister, even if they are currently utilizing School Age. July 12-16 from 0900-1800 will be early on site registration for Active Duty Only. July 19-23 will be for DOD Civilians, Contractors and Active Duty. Don't delay spaces fill quickly for K-5th. Parents will need to provide proof of income and updated shots. For information please call 221-4871 or 221-1723

**Child Development Center Waiting List** - If your child's name is on the Wait List for full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

**Instructional Classes** - If you are interested in instructional classes such as Tae Kwon Do,

Piano, quarterly Babysitter Training or gymnastics please call 221-4882 or 221-4871/1723. For Babysitter training and or information contact 221-4871 or 221-1723.

**School Age Services** (Kindergarten - 5th grade) offers After School and Weekend Open Recreation (Open recreation available to children in 1st - 5th grade) opportunities and After School Hourly Care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register please call Central Registration at 221-4871 or 221-1723.

**Youth in 6th - 12th grade** seeking summer recreational opportunities can contact Youth Services 221-4882.



# Robert G. Cole Jr. and Sr. High School Honor Roll

Many of the Robert G. Cole students have attained academic success for the sixth six weeks of the 2003 – 2004 school year. To qualify for the two honor rolls, students must earn the following grades: A Honor Roll – a grade of 90 or higher in all classes; A/B Honor Roll – a grade of 80 or higher in all classes with at least one grade of 90 or higher.

## A Honor Roll Sixth Six Weeks

**7th Grade**  
Kelsey Charlton  
Samantha Cherry  
Casey Gresenz  
Alexandra Mazak  
Kathryn Rarig  
8th Grade  
Carla Cartagena  
Jennifer Gibson  
Wesley Lavender  
Patrick Newcomer  
Arielle Orridge  
Jennifer Sees  
Christopher Swiderski  
Katherine Teeter

**9th Grade**  
Stephanie Rivera

**10th Grade**  
Amy Rarig

## 11th Grade Scott Gibson

## A/B Honor Roll Sixth Six Weeks

**7th Grade**  
Ramon Alvarez-Diaz  
Carlos Buzo  
Jamiah Collins  
Kassandra Conard  
Catherine Davis  
Brandi England  
Felicia Fields  
Danielle Gosch  
Shamika Hill  
Derek Jarvis  
Justin Jolley  
Kara Kahue  
Kyle Lammers  
Stefan McCarver  
Serena Ramirez  
Elena Rothfuss  
Christopher Sawyer

Peter Simpkins  
Megann Taylor  
Alyssa Thacker  
Kaitlyn Vasquez

**8th Grade**  
Samantha Benson  
Lacretia Blanding  
Thomas Conard  
Timothy Fletcher  
Christina Gonzales  
Samantha Goodwin  
Benjamin Guerrero  
Lindsey Hatton  
Lance Hayes  
Preston Hoffman  
Jamell Huaracha  
Scott Jee  
Johani Johnson  
Bethany Langford  
Morgan Peterson  
Dustin Reitstetter  
Camille Richardson  
Andrew Santee

Kennisha Sharp  
Lukas Sheridan  
Jennifer Spears  
Matthew Sullivan  
Franklin Thompson  
Janelle Uncangco  
Tucker Walton

**9th Grade**  
Ashley Armstrong  
Roy Aviles  
Makesha Brewer  
Kimberly Bulger  
Alicia Cherry  
Sarah Clark  
Allison Erickson  
Brendan Ford  
Robert Hewitt  
Jasmine Huling  
Brad Kelley  
Arvin King  
Lionel Lowery III  
Michelle McClendon  
Ashley Miller

John Millnik  
Lisa Nieves  
Paul Parker  
Emerson Weber  
Chelsea Woodard  
Jacob Young

**10th Grade**  
Elizabeth Bagg  
Amanda Bray  
Constance Davis  
Caitlin Gresenz  
Ann Guymon  
Shaunteia Johnson  
Stephen Lagutchik  
John Luciano  
Dajuon Mobley  
Erin Moore  
Rosalinda Moreno  
Leah Morris  
Jason Oswald  
Raquel Peluyera  
Benjamin Reitstetter  
Steven Rhodes

Sara Salisbury  
Jaimie Siegle  
Israel Tovar  
Kayla Villarreal  
Jason West

**11th Grade**  
Sarah Caouette  
Benjamin Carter  
Bjoern Goedelt  
Brian Greszler  
Joie Jolivette  
Stephen Kaminski  
Ashley Kelley  
Caitlyn McCoole  
Erika Persaud  
Carlos Rodriguez  
Jonathan Simpkins  
Chan Na Sok  
Tara Trepkowski  
Nadine Willis

## Need an ID Card?

The ID Card Office located in Bldg. 367, has resumed accepting appointments in the afternoon from 1-3:30 p.m., Monday-Friday. Normal walk-ins are still between the hours of 7:30-11 a.m., daily. To schedule an appointment, call 221-2278or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



## Blood is the fluid of life



The BAMC Blood Bank is running critically low of O Negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



# Que Pasa?



## Community events

### **Vexler Theatre Presents 'A Company of Wayward Saints,' June 17 – July 11**

The Sheldon Vexler Theatre is a state-of-the-art, intimate theatre that presents a full season of professional quality plays and musicals for the entire San Antonio Community. The theatre will present "A Company of Wayward Saints" June 17 – July 11. Located at 12500 N.W. Military Hwy. at Wurzbach Parkway. Performances are Thursdays at 7:30 p.m., Saturdays at 8 p.m. and Sundays at 2:30 p.m. No performances on Sunday, June 20 and July 4. A special \$5 preview performance will be held on Thursday, June 17. General - \$15, Seniors 60 plus, Classicard, Military, JCC - \$13, Student, SATCO - \$8. To purchase tickets, make reservations or info., call 302-6835.

### **Women's Car Clinic, June 27**

Cambridge Auto Center is going to sponsor its first annual Women's Car Care Clinic on June 27, 1 to 4 p.m. This will be an educational and informative seminar to explain how the various systems work in today's vehicles as well as to answer questions about car repair and normal maintenance. Our master technicians and professional service people will be on hand to show attendees things like how to check the various fluids and what all those warning lights and dash symbols mean and many other things. Steve Gehrlein who hosts the Automotive Show every Saturday and Sunday on KTSA 550 Radio will be doing his show during the seminar at the shop. Interested people should call 697-9600 and talk to Chris to register, as the seminar will be limited to approx 100.

### **Academy Battalion Change of Command, July 1**

Outgoing commander Lt. Col. Randall Anderson will relinquish command of Academy Battalion, 32nd Medical Brigade, to incoming commander Lt. Col. Erin Edgar on July 1, at 8 a.m. at MacArthur Parade Field, corner of Harry Wurzbach and Stanley Road.

### **Combat Medic Run Pre-registration**

Registration for the Combat Medic Run, July 24 at 7:15 a.m., is now underway at various locations on post. Look for tables set up at the AMEDD Center and School, Commissary and PX during

the upcoming weeks. The Combat Medic Run is an annual event benefiting MWR (Morale, Welfare and Recreation). Events include a 10K and 5K individual run, 5 Soldier guidon team event, a 2-mile fitness walk and a 5K Soldier formation run. For more information, see the web page at [www.fortsamhouston-mwr.com](http://www.fortsamhouston-mwr.com)

### **Protestant Women of the Chapel's summer program**

Protestant Women of the Chapel's summer program will feature classes on Ruth and Naomi and Women of Faith. Programs are meeting on Wednesdays from 9:30-11:30 at Dodd Field Chapel. Free childcare for all ages is available. Join us for Praise and Worship, prayer, bible study and fellowship. For more information call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295. The Fall Kickoff program will be August 25th with more information forthcoming.

### **A day in the life of the United States Armed Forces national photo exhibit**

On display at the UTSA downtown Campus Art Gallery, Open for eight weeks in the Durango Building Art Gallery in the Downtown Campus of The University of Texas at San Antonio, more than 60 unforgettable images of the men and women of the U.S. Armed Forces are on display as part of "A Day in the Life of the United States Armed Forces" National Tribute Tour. Open to the public and free of charge, the exhibit will be at UTSA from June 22 through Aug. 18, 2004.

## Volunteer

### **SHARE seeks host families for international students**

Guten Tag! Ciao! Hola! Bonjour! Are just a few ways to say "Hello!" to international high school students. SHARE is looking for host families for international exchange students for the upcoming school year. The students speak English, are covered by medical insurance and have spending money for their personal expenses. Host families provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life.

Traditional two-parent families (with or without children), single parents or adults, and retired couples have enjoyed hosting one of our bright students. Boys and girls, 15-18 years old from around

the world will be arriving in August to attend local high schools for one or two semesters. For information call Yvette Coffman at 1-800-941-ERDT (3738) or visit [www.sharesouthwest.org](http://www.sharesouthwest.org).

### **Cultural Homestay International seeks host families**

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit [www.chinet.org](http://www.chinet.org).

### **Resume Workshop, June 30**

## Education

Family Member Employment Assistance if offering a Resume workshop on Wednesday, June 30, 9 a.m. to 12 p.m. Reservations are required and seating is limited to family members and active duty service members, retired service members and current DoD civilians. Remember, it is not enough to just have a resume, you need to have the right resume to increase the chances of landing the interview. For more information, contact Pay Fory at 221-2705 or Katja Lunsford at 221-0427.

### **Digital battle command information systems training, July 12-15**

Force XXI Battle Command Brigade and Below (FBCB2) is part of Army Battle Command Systems (ABCS). It is a digital, battle command information systems that provides on-the -move, real time and near real time C2 tactical combat. This is the same system that our soldiers are using in Kuwait, Afghanistan, and Iraq. This training is open to all AMEDD soldiers to include AMEDDCS instructors. Training for this course will start on 12 - 15 July at Willis Hall (bldg 2841) in room 2105 A. If you are interested in attending this training please contact Marvin Danzy at 221- 4361 or e-mail at [marvin.danzy@amedd.army.mil](mailto:marvin.danzy@amedd.army.mil). You can also visit FBCB2 site at <http://fbcb2.monmouth.army.mil>.

### **Tuition assistance available for active duty Soldiers**

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

### **SkillSoft has new On-line Technical Support Portal**

SkillSoft has a new On-Line Technical Support Portal. Users can now go to <http://onlinesupport.skillssoft.com> and click on "create a case." Once the infor-

mation request is complete, an e-mail will be sent with a password and case number. When this is established, the user can go in and track their case. This is in addition to the regular support desk at [support@skillssoft.com](mailto:support@skillssoft.com).

### **Direct commissioning program available**

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail [Beverly.Casiano@usarec.army.mil](mailto:Beverly.Casiano@usarec.army.mil).

### **The Seventh Annual Force Health**

## Meetings

### **Protection Conference, Aug 9-12**

The Seventh Annual Force Health Protection Conference will be held in the Albuquerque, N.M., Convention Center Aug. 9 through 12. Presenters will be on hand with a full set of the latest tools for protecting the health of service members everywhere. Check the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link <http://chppm-www.apgea.army.mil/fhp/> for details and to register for this important conference.

### **Purple Heart veterans sought**

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

### **FSH Sergeants Major Association seeks new members**

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Command Sgt. Maj. Sampson Rush at 221-4129.

### **Calling all single Soldiers to join BOSS**

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call BOSS President Staff Sgt. Edward Castro at 221-8760.



# Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



**For Sale:** 1994 Dodge B-250 custom high top van with inside lighting, new transmission, radiator & hoses, color tv/vcr hookup with rear stereo system, fold-out sleeping bed, dual ac, tow package, updated records. 136,000 miles - \$5,000. Call 325-3190 or 310-7969.

**For Sale:** 1985 CJ-7 Burgundy Jeep. Must sell. American racing rims, too many items to list. Hard top, Bikini top and Soft top along with both sets of doors. Very good shape. Listed on Autotrader. for \$6500 obo. Blue sofa and loveseat with pillow accents. comes with 3 piece table, \$500. GE like new refridgerator with ice maker, 20.6 cu.ft. \$630. Bakers rack \$50. Dirt devil vacuum \$20. Call 651-9168.

**For Sale:** Washer & Dryer, Almond Color, good working condition, \$125 for both. Christmas

dishes & glasses, sponge painted Christmas Tree Design, \$25 for entire collection, Call 403-3551.

**For Sale:** Baby crib with mattress, white wash oak, excellent condition, \$180. Open hutch and buffet, casual antique country style, \$190. Entertainment center, white wash oak, H72”x W60”, \$80. Dehumidifier, Whirlpool, excellent condition, \$90. Inexpensive carpets. Call 497-2606.

**For Sale:** Hewlett Packard Pavillion 520N Desktop Computer, Best Buy extended warranty (transferrable). 1.3 GHz Intel Celeron Processor, 512 MB Memory, 60 GB Hard Drive, Floppy Drive, CD-RW, DVD-Rom; digital photography ready PC with front jacks in addition to rear, System Recovery Disks, MS Windows XP, upgrade-able. Includes all manuals and paperwork. Note: PC Pd. \$989, asking \$400 OBO. Call 222-0791.

**For Sale:** 1999 V Star Classic 650, Jade/Pearl, Hypercharger, saddle bags, chrome accessories, helmets etc. \$4500. OBO, bike is garage kept. Pictures of bike can be seen at <http://www.vstar650.20m.com>. 4 - 2000 Dodge Durango/Dakota Stock tires, 235/75/15 Goodyear Wranglers, \$100 or OBO. Heavy Steel Black Metal Drum Smoker/BBQ, some rust through spots “FREE” Call 829-8051.

**For Sale:** German schrank, exc. cond., cathedral buffet, TV space, built-in bar, cabinet and drawer space, \$3000 OBO. Sofa table, glass and X/0 design, new cond., \$75. Micron computer with printer, \$75. David Winter cottages, \$5-\$20. Various decorative wall mirrors, \$10 up. Call 824-7895 or 535-3635.

**For Sale:** 12-speed male mountain bike, \$35. 10-speed female bike,

\$20. Combination miniature ping-pong, hockey table with equipment, \$20. Call 566-6730.

**For Sale:** Canon EO5 digital SLR (Rebel) camera w/18-55mm lens, 75-300mm lens, UV raze and polarizer filters, remote switch and extra battery, \$950. Call 566-2840.

**For Sale:** 2-story house, three year old, 1889 sq. ft., 3 bedrooms, 2 bath, LV rm, family rm, dining rm, kitchen w.utility rm, medium size covered patio and garage, ceiling fans, alarm system and soft water & direct osmosis system, call 651-4707.

**For Sale:** Queen Size Bed: Mattress and Boxspring, with Brass Headboard and Footboard and rails. Good condition, \$250, but will take best offer. Epson Stylus Printer in excellent condition, \$20. Call 829-4843 or 262-7621.

**For Sale:** Moonwalk, 15’ x 15’, \$1000 or best

offer. Yamaha Alto Sax YAS-23, \$700 or best offer. 5pc dinette set \$150. Call 670-2083.

**For Sale:** Baldwin paino 40” console, peacan finich, \$1000. 3-piece contemporary off-white sectional with matching formica corner table \$75. Raleigh Team USA 15-speed bike \$50. Saratoga Lexington spa, 2 years old, 2 pumps with Sony stereo \$3000. Call 566-1390

**For Rent:** House, 3-1-1, family room, living room, kitchen/dining area, fenced backyard at 4403 First View, off Perrin Beitel near the main Post Office. Available June 25. Application required. \$695 a month, plus deposits. Call 490-8786

**For Rent:** 4 bedroom, 3 full bath house, near James Madison High school and Stahl Elementary. 5215 Stormy Breeze. Call Maj. Willie H. Lattimore at 884-2646.

# Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.



**Medical Records: RHIA or RHIT. San Antonio.** RHIA or RHIT will oversee the medical records department and maintain the department in a competent and organized fashion. Computer literacy, excellent organizational skills.

**Med Materials Specialist(US Army).San Antonio.** Knowledge and experience in medical supply management to include automation systems TAMMIS,AMEDDPAS, and DMLSS. Knowledge of medical logistics functions. Knowledge of CAIM and SRIM. Ability to analyze user requirements, procedures, and implement business improvements.

**PCARS Specialist.San Antonio.** Knowledge of the USAF application known as PCARS and how it interfaces with the MILPDS. Ability to think logically, identify problems and solve them. Coordinate actions with multiple organizations.